

Emotion Talk Time

Every child needs opportunities to talk about their feelings without pressure. Some times might be better for this than others.

Emotion Talk Time (ETT) is:

- a time when your child can talk about the emotional events happening in their life – but if they don't want to talk, it is important not to pressure them
- not a time to discipline or tell your child off: this is a time for listening and reflecting their emotions.

During ETT it can be helpful to:

Reduce eye contact – some children don't like to face you when they are talking about their emotions.

Make sure the time and the setting are appropriate. Some good times and places might be in bed at bedtime, cuddling on the couch, driving in the car, when you're out walking together, or bathtime.

Make sure you are in a good space. ETT is for when both the parent and child are feeling calm, not when either of you is feeling wound up.

